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# INTEGRATED COMBAT SOLUTIONS

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Boxing • Tae Kwon Do • Kick Boxing • Commando Krav Maga / Kapap

**SAFETY FIRST • SAFETY LAST**

Healy's Integrated Combat Solutions combines proven skills & drills from boxing, Tae Kwon Do, kick boxing and carefully screened Commando Krav Maga / Kapap into one cohesive system for real-world self-defence.

Every technique is taught with full duty of care, controlled intensity and legal awareness. The goal is simple: neutralise the attack — not perpetuate violence. Classes are suitable for men and women and focus on practical, repeatable skills.

**Chief Instructor Graham Healy**

Diploma Fitness & Sports Coaching (ACSD) • Australian Government Recognised Qualification

**[www.commandokravmagaaustralia.com](http://www.commandokravmagaaustralia.com)**

Also visit [www.healyshealth.com](http://www.healyshealth.com)

*This gallery showcases real-world skill applications under pressure —  
the same principles taught in Healy's Integrated Combat classes.*

## THE HEALY STANDARD

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Risk management and duty of care sit at the front of every class. Healy's only associates with credible instructors who have been background-checked and who share a true 'safety first, safety last' attitude. Insurances do not cover negligence or ignorance of common law.

Every human being has a legal right to self-defence. Techniques are taught safely and in a controlled manner. Ego and aggressive attitudes are not tolerated. Skills & drills are case scenarios that allow a student to escape or neutralise an attack while remaining within the letter of the common law.

The secret is simple: repetition of the correct technique. It takes roughly 1,000 repetitions to install clean muscle memory — and 5,000 to unlearn a bad one. Get it right the first time.

## WHAT YOU TRAIN

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### **Boxing**

the foundational platform — footwork, speed, timing and power

### **Tae Kwon Do**

long-range precision kicks at international technical standard

### **Kick Boxing**

mid-range power and shin tools that blend with TKD mechanics

### **Commando Krav Maga / Kapap**

close-quarter releases, knife & gun disarms, ground control, falls/rolls and real-world security strategies

All weapons work uses rubber practice tools under strict safety protocols.

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Grok

## SHOTGUN DISARM

Close-quarter weapon control under pressure

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## BASEBALL BAT DEFENCE

Intercepting a blunt-weapon strike with decisive control

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## KNIFE DEFENCE

Night alley scenario – controlling the weapon arm

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## REAR CHOKE ESCAPE

Countering a rear grab under adverse conditions

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## GROUND CONTROL

Dominant position when the fight goes to the ground

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## STRIKING DEFENCE

Boxing-based timing and power against the punch

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## HANDGUN DISARM

Controlled firearm disarm – safety first, duty of care

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# TRAIN WITH PURPOSE

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Healy's Integrated Combat Solutions delivers professional skills & drills without the hype. Cool, controlled, effective — the way real professionals operate.

Classes are designed for real people who want practical self-defence ability, improved fitness and the confidence that comes from correct technique under pressure.

**BOOK A CLASS • LEARN THE SKILLS • OWN THE OUTCOME**

**[www.commandokravmagaaustralia.com](http://www.commandokravmagaaustralia.com)**

Healy's Health • [www.healyshealth.com](http://www.healyshealth.com)

All training conducted with full duty of care.  
Weapons work uses rubber practice tools only.  
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